Xtreme Couture Pharmaceuticals

Athlete: Chris Horodecki

Product	Wake-up	Breakfast	Between	Lunch	Between	Dinner	Bedtime	Before Exercise	After Exercise
Max EFA's		2		2		2			
Adrenal Glandular		3		3		3			
Vita D		2 drops							
B12 Nitro			1					1	
Exercise Recovery									
Natural Mins		1		1		2			
Xtra EnZymes								eight	eight
O2 Plus+								6	
Shake									
4Ever Greens									1 scoop
Whey Isolate									2 scoops
20 oz water									